



# BREAKFAST MEAL PATTERN REQUIREMENTS

[ 1 ]

# Breakfast Meal Components

- Fruits - 1 cup

- Grains

Age-Grade Group	K-5	6-8	9-12
Minimum Daily	1 oz. eq.	1 oz. eq.	1 oz. eq.
Minimum Weekly	7 oz. eq.	8 oz. eq.	9 oz. eq.

- Milk - 1 cup

[ 2 ]

## READ SCRIPT

There are 3 meal components for breakfast --- fruits, grains, and milk.

## Grade Groups

- Same grade groups for NSLP and SBP:
  - K-5
  - 6-8
  - 9-12
- There is MORE menu planning flexibility at breakfast.



[ 3 ]

- **READ SCRIPT**

- This rule requires schools to use the same grade groups for planning lunches and breakfasts.
- The grade groups are now narrower to provide age-appropriate meals.

As you will see in the following slides, there is significant overlap in component and nutrient standard requirements, which provides further flexibility for schools that serve more than one age-grade group at breakfast. A single menu can be used for all groups!

## Breakfast Meal Pattern

	Breakfast Meal Pattern		
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)		
Fruits <sup>d</sup> (cups)	5 (1)	5 (1)	5 (1)
Vegetables <sup>d</sup> (cups)	No requirement, substitution for fruit allowed.		
Veg subgroups			
Dark Green	0	0	0
Red / Orange	0	0	0
Beans/Peas (Legumes)	0	0	0
Starchy <sup>d</sup>	0	0	0
Other	0	0	0
Grains (oz eq)	7-10 (1)	8-10 (1)	9-10 (1)
Meat/Meat Alternates (oz eq)	No requirement, substitution in place of grains allowed after 1 oz eq daily requirement met.		
Fluid Milk (cups)	5 (1)	5 (1)	5 (1)
Green Handout			

Here are the Breakfast Meal Pattern requirements, see your **green handout** to follow along.

Daily planned fruit requirements increase to 1 cup.

All grains served must be Whole Grain Rich

Milk requirements are the same.

Fruits<sup>d</sup> and Vegetables<sup>d</sup>: For breakfast, vegetables may be substituted for fruits, but the 1st two cups per week of any such substitution must be from the dark green, red/orange, other, beans/peas (legumes) subgroups **before you can serve Starchy subgroup**.

## Fluid Milk (Breakfast)

- Same requirements as Lunch
- Allowable milk options:
  - Must be pasteurized fluid milk
  - Fat-free (unflavored or flavored)
  - Low-fat (unflavored only)
  - Fat-free or low-fat (lactose-reduced or lactose-free)
- Must offer at least **two** choices
- For all grade groups schools must offer at least 1 cup daily.



[ 5 ]

READ SLIDE

## Fruit (Breakfast)



- Schools must offer 1 cup of fruit daily.
  - Fresh, frozen, dried, or canned fruit pieces
  - 100% fruit juice limited to no more than half of the weekly fruit credit
    - 100% juice no more than 2.5 cups per week
    - For example,  $\frac{1}{2}$  cup fruit pieces and  $\frac{1}{2}$  cup 100% juice daily fits the juice requirement

[ 6 ]

- READ SCRIPT
- 1 cup of fruit daily (or veg substitution)
- The juice limit: No more than half of the weekly fruit may be credited in the form of 100% juice (fruit or vegetable). For example,  $\frac{1}{2}$  cup grapes and  $\frac{1}{2}$  cup OJ meets the 1 cup daily fruit requirement.

## Fruit (Breakfast)


- Schools may offer a:
  - Single fruit
  - Combination of fruits
  - Combination of fruit pieces and 100% fruit juice



[ 7 ]

READ SLIDE

**CREDITABLE JUICE OR NOT?** **Yes, this juice is creditable!**



Label: 100% Juice  
Naturally Cranberry

Ingredients: 100% FRUIT JUICE (FILTERED WATER SUFFICIENT TO RECONSTITUTE APPLE, CRANBERRY AND PEAR JUICE CONCENTRATES), CALCIUM GLUCONATE, CITRIC ACID, NATURAL FLAVORS, CALCIUM LACTATE, ASCORBIC ACID (VITAMIN C), VEGETABLE COLOR.

[ 8 ]

**Buzz through not a lot of time or discussion**

This juice is creditable.

First ingredient is 100% fruit juice and label says 100% juice.

*\*\*circles and answer box appear on advance click\*\**



**CREDITABLE JUICE OR NOT?** **Yes, this juice is creditable!**

Label: 100% APPLE JUICE  
FROM CONCENTRATE WITH VITAMIN C

Ingredients: CONTAINS PURE FILTERED WATER,  
CONCENTRATED APPLE JUICE, VITAMIN C  
(ASCORBIC ACID).

[ 9 ]

**Buzz through not a lot of time or discussion**

This juice is creditable.

First ingredient is water and but label says 100% juice.

*\*\*circles and answer box appear on advance click\*\**

**CREDITABLE  
JUICE** **No, this juice  
OR NOT is not creditable!**

Label: Strawberry Passion Flavored  
Juice Beverage

Ingredients: CONTAINS PURE  
FILTERED WATER, PEACH JUICE FROM  
CONCENTRATE, SWEETENERS (HIGH  
FRUCTOSE CORN SYRUP, SUGAR),  
APPLE, PASSIONFRUIT AND  
STRAWBERRY JUICES FROM  
CONCENTRATE...



[ 10 ]

**Buzz through not a lot of time or discussion**

This juice is **NOT** creditable.

First ingredient is water and label does not say 100% juice. There are a lot of other ingredients on the label (slide only shows first handful of ingredients...)

*\*\*X and answer box appear on advance click\*\**

CONFERENCE CALL TOPIC

# Vegetable Juice

## Ingredients

Water, Sweet Potato, Jujube, Apple and Pear Juice Concentrates, Less than 2% of Dragon Punch, Carrot and Aronia Juice Concentrates, Natural Flavors, Ascorbic Acid (Vitamin C), Malic Acid, Celery, Beta Carotene (color), Kale, Broccoli, Lettuce, and Spinach Concentrates, d-alpha Tocopheryl Acetate (Vitamin E), Vitamin A Palmitate



[ 11 ]

Misleading Ad

How does it credit? Fruit or vegetable?

If water is the first ingredient, the package must say 100% Juice

## Vegetables (Breakfast)

### Potatoes at breakfast:

- Serve as an extra food with no component credit
  - This is counted in nutrient standards!
- or
- Follow vegetable substitution rule

[ 12 ]

- READ SCRIPT
- At breakfast there are some exceptions and flexibilities – we will present all the rules – but we strongly encourage you to begin with a simple menu plan. Once you become comfortable with the simple menu, then you can try out the various flexibilities if they work for your school. These **flexibilities are marked with a graduation hat** – because we consider these complicated or masters level menu planning.
- Fruits and Vegetables: For breakfast, vegetables may be substituted for fruits, but the 1st two cups per week of any such substitution must be from the dark green, red/orange, other, beans/peas (legumes) subgroups **before you can serve Starchy subgroup**.
- There is a rule for menu planning Starchy vegetables (like hashbrown potatoes) – The menu must contain 2 cups from any other veg subgroup (dark green, red/orange, beans peas (legumes), or other in order to include a Starchy veg on the breakfast menu.
- And the requirement for students to take a minimum of ½ cup of fruit or vegetable under OVS.

## Grains (Breakfast)

Age-Grade Group	K-5	6-8	9-12
Minimum Daily	1 oz. eq.	1 oz. eq.	1 oz. eq.
Minimum Weekly	7 oz. eq.	8 oz. eq.	9 oz. eq.



[ 13 ]

### READ SCRIPT

There is a minimum DAILY grain requirement of 1 oz eq. for all grade groups (K-12)

There is a minimum WEEKLY grain requirement: K-5 – 7 oz eq, 6-8 – 8 oz eq, and 9-12 9 oz eq.

## Grains (Breakfast)

- **All** grains must be whole grain rich

[ 14 ]

### READ SCRIPT

Half of grains offered must be whole grain-rich on SY 2013-2014

Be ready to transition to ALL planned grains whole grain rich for both Breakfast and Lunch in the 2014-2015 school year



(a.k.a. Nutrient Standards)

## BREAKFAST DIETARY SPECIFICATIONS

[ 15 ]

Dietary Specifications and Nutrient Standards mean the same thing.

## Calorie Ranges (Breakfast)

Grade Groups	K-5	6-8	9-12	K-12
Calorie Ranges	350-500	400-550	450-600	450-500

[ 16 ]

Green Handout

### Read slide then script

- Reminder that calories are calculated using a weekly average. That is done by adding up all the calories in your menus and dividing it by the number of days served.
- You can see on this slide there are many menu planning flexibilities due to the overlap in requirements. You can use a K-12 menu plan with a 450-500 calorie requirement.
- We will go over menu planning flexibilities in just a moment.



## Fats (Breakfast)



A snippet of a nutrition label with red lines highlighting the 'Saturated Fat', 'Trans Fat', and 'Cholesterol' sections. The text is as follows:

Saturated Fat
Trans Fat 0g
Cholesterol 20g

- Same as the lunch fat requirements
- Trans Fat- Zero grams per serving, or 0.5g per serving on the label
- Saturated Fat- Less than (<) 10% of the total calories can be from saturated fat

[ 17 ]

Read slide

## Sodium (Breakfast)

	Target 1	Target 2	Target 3
	SY2014-15	SY2017-18	SY2022-23
K-5	≤540mg	≤485mg	≤430mg
6-8	≤600mg	≤535mg	≤470mg
9-12	≤640mg	≤570mg	≤500mg

[ 18 ]

*\*\*Outline appears on advance click\*\**

### Read slide then script

- There are sodium targets that will go into effect next school year so you should begin reducing the sodium content of your menus this year.
- If you are using a combined menu planning group like K-12, your sodium target is the most strict requirement ≤540mg.

# BREAKFAST MENU PLANNING GRADE GROUPS

[ 19 ]

Grade Groups (Breakfast)					
5-day Week-	Grades K-8	Grades K-5	Grades 6-8	Grades 9-12	Grades K-12
	Weekly (daily)	Weekly (daily)	Weekly (daily)	Weekly (daily)	Weekly (daily)
Fruits (cups)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
Grains (oz eq)	8-10 (1)	7-10 (1)	8-10 (1)	9-10 (1)	9-10 (1)
Fluid Milk (cups)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
Min-max Calories, daily avg	400- 500	350- 500	400- 550	450- 600	450- 500

Yellow Handout - Short & Long Week

**\*\*1 outline appears on advance click\*\***

**\*\*2nd outline appears on advance click\*\***

**This is listed on the short and long week handout.**

- Menu planning grade groups. As we just talked about for breakfast calories there are many overlaps in requirements for all grade groups. You can use the standard: K-5, 6-8, 9-12 menu plans or you can combine the groups into K-8 or K-12 menu plans

**\*\*Advance click for circles to appear\*\***

- Check out the short and long week handout for additional grade group flexibilities at breakfast.

## The Simple Approach

- **Whole Grain Rich:** Plan a minimum of 1-2 oz eq grain daily, to meet daily & weekly requirements
- **Fruit:** Plan 1 cup fruit daily
- **Milk:** Plan 1 cup daily
  - at least 2 choices of low-fat or no-fat milk must be offered
- Menus must meet **dietary specifications:**
  - Calorie ranges for grade groups
  - Zero grams trans fat
  - <10% of total calories can be from sat fat

[ 21 ]

**\*\*Bullet points appear on click\*\***

You can make breakfast very simple or very complicated.  
Recommend a simple approach to start.



You may be asking yourself - Can I add Meat/Meat Alternate to my breakfast menu?  
Yes! There are options!

## Meat/Meat Alternate M/MA (Breakfast)

- No m/ma is required
  - if you want to serve a m/ma you must plan 1 oz eq grain first.



[ 23 ]

### Read Script

There is no requirement to menu plan a meat/meat alternate at breakfast. Since many schools prefer to add a source of lean protein at breakfast, there is flexibility for the menu planner to allow for meat/meat alternate at breakfast.

Option 1: schools have flexibility to offer a meat/meat alternate in place of grains (or as a substitution) as long as the menu also meets the 1 oz equivalent of grains daily requirement. This is intended to safeguard planning flexibility while promoting the consumption of whole grain-rich foods consistent with the recommendations of the Dietary Guidelines for Americans.

When the meat/meat alternate is offered in place of grains as part of the reimbursable meal, the menu planner counts it toward BOTH the weekly grains requirement AND as a “food item” under OVS.

## M/MA (Breakfast)



- The menu planner may choose to offer a m/ma. There are two options:
- Option 1: Credit the m/ma and offer 1 oz eq grain
- Option 2: Do not credit the m/ma. Serve as an extra/free food.
  - This option is expensive and will likely push you over your calorie, sodium, & saturated fat limits.

[ 24 ]

### Read Script

In the second option, menu planners have discretion to offer meat/meat alternates as extra food, and choose to not credit the extra food toward the creditable grain component. These are considered extras offered outside the reimbursable meal, so they do not get counted in the reimbursable meal – keep this in mind for OVS.

Also, since m/ma is not a required component, there is no weekly maximum.

However, schools must continue to serve at least the minimum daily grain as part of the meal. Regardless of the decision of whether or not to substitute a meat/meat alternate for grains, all “extra” food offered would count toward the dietary specifications (calories, sodium, saturated fat, and trans fat).

This option is intended to give menu planners additional flexibility in building a menu that meets all the new meal requirements and while maintaining the option to add a source of lean protein at breakfast.



## Food Items at Breakfast: More flexibilities

*Extras*

Extra or free food items may be offered that do not credit towards any component.

- Menus must meet daily and weekly meal pattern requirements without the addition of the extra/free food items.
- All extra or free foods must fit within the weekly nutrient standards (calories, saturated fat, trans fat, and sodium)



[ 25 ]

### Read Script

We already discussed how menu planners have discretion to offer meat/meat alternates as extra food, and choose to not credit the extra food toward the creditable grain component. The menu planner may also plan extra food items. These are considered extras offered outside the reimbursable meal, so they do not get counted in the reimbursable meal – keep this in mind if you are on OVS. And these extra/free foods do not get counted in the daily or weekly component requirements. All “extra” food offered would count toward the dietary specifications (calories, sodium, saturated fat, and trans fat).

Reminder, schools must continue to serve at least the minimum daily and weekly component requirements.



Breakfast Menus

**OTHER CONSIDERATIONS** [ 26 ]

## Grab and Go Pre-Plated/Bundled Foods



( 27 )

Images of grab and go/bundled breakfasts

## Identify those reimbursable meals!

- Help the students and staff understand what is offered as a part of their reimbursable meal.
- Identifies minimum requirements under Offer vs. Serve.
- Helps with nutrition education.
- Identifies a la carte purchases.

Today's Breakfast:  
Egg Burrito, Apple, &  
Milk or  
Muffin, Apple, & Milk



[ 28 ]

READ Script.

Identification of a reimbursable meal at or near the beginning of the meal service line is required.

On this slide are a couple of examples of how this can be done.

# Breakfast Meal Patterns 2016

This training credits for 30 minutes of training in

## Key Area 1 - Nutrition

1110 USDA Nutrition Requirements

Your Name:

Date of Training:



[ 29 ]